



**ORIGINAL RESEARCH PAPER**

**Medical Science**

**TO STUDY ASSOCIATION OF POLYCYSTIC OVARY SYNDROME (PCOS) AND FASTING INSULIN**

**KEY WORDS:**

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**INTRODUCTION-**

**PCOS & Obesity OPD observations.**

- Patients with PCOS most often have high BMI, which is might be because of abnormal carbohydrate metabolism
- While treating these PCOS females appropriate medicinal management is also not giving better results. -It is achieved by specific dietary management and some healthy life style changes.

**Aims and Objective-**

- To know the severity of PCOS.
- To evaluate diet and regimen.
- To know the fasting insulin levels in blood.
- To compare the fasting insulin level and severity of PCOS.

**Study Hypothesis-**

Patients those who are confirmed with the diagnosis of PCOS likely to have high fasting insulin.

**Materials and methods-**

Study setting : Study Conducted at Anantrao kanase Homoeopathic Medical college & Hospital, Alephata.

Duration of the study: Study carried out between April 2017 - December 2018.

Materials: The experimental population selected from the Patients reporting to college OPD. Survey study was done to select population

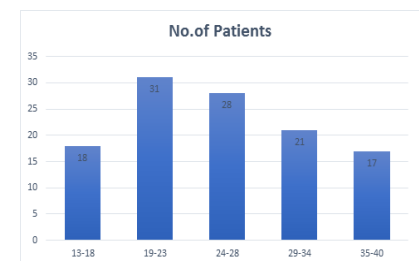
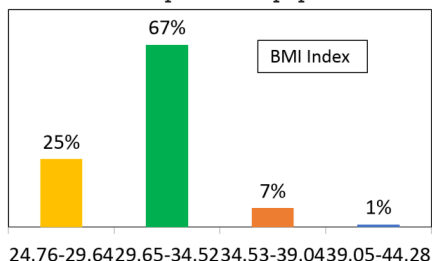
**Inclusion criteria-**

- Known PCOS cases.
- Those who are in between 13 to 40years age and menstruating.
- May or may not be having positive family history of PCOS.

**Exclusion criteria:**

- Patients with pregnancy and lactation.
- Patients with age less than 13 and more than 40.

**Sample selection-**the experimental population is randomize.



**RESULT-**

After measuring the values of fasting insulin in PCOS patients it is observed that in 68% cases high fasting insulin levels are noted

**CONCLUSION-**

- Thus, we reach to the conclusion that PCOS cases most often have high fasting insulin.
- This correlation will help in managing PCOS cases as the cause might be related to carbohydrate metabolism imbalance.
- By managing carbohydrate metabolism reversal of PCOS is achieved in better way.